



60+ Getting Better! Your MAPP to a Healthier Life

Safety Tips to Prevent Falls

The fear of falling can cause you to restrict your activities, but restricting activities can actually lead to falls.

What can you do?

- Exercise regularly, it strengthens your muscles and improves coordination
- Practice Yoga and Tai Chi as they help to improve balance
- Wear low heeled, non skid shoes
- Carry a cell phone, so you do not have to hurry to answer the phone
- Get up slowly, to prevent dizziness

Exercising regularly increases:

- Muscle tone
- Bone mass
- Balance



Did you know....

People who take four or more prescription medications have a greater risk of falling. Also, certain eye and ear disorders may increase your risk of falls. Check with your doctor regarding your medication and for side effects and interactions that may increase your risk.



Checklist For Your Home



BEDROOM

- Can you easily reach your phone?
- Place nightlight between your bedroom and bathroom.
- Keep cane or walker next to your bed.

BATHROOM

- Install grab bars.
- Use non-skid mats.

LIVING ROOM

- Remove throw rugs.
- Arrange furniture so path is clear.
- Secure cords from traffic areas.

KITCHEN

- Wipe up spills immediately.
- Use a step stool with a hold bar.
- Never use a chair as a step stool.
- Frequently used items should be on lower shelves.

STAIRWAYS & HALLWAYS

- Install a light switch at the top and bottom of stairwells.
- Keep free of clutter.
- Install hand rails on both sides.

What you wear on your feet, does matter!



Consider changing what you wear on your feet. High heels, floppy slippers and shoes with slick soles can make you slip . . . So can walking in your stocking feet!